



Microwave Lemon Curd



Vegetarian



Gluten Free



Popular



Low Fod Map

READY IN



16 min.

SERVINGS



8

CALORIES



229 kcal

SIDE DISH

Ingredients

- ☐ 3 eggs
- ☐ 1 cup juice of lemon fresh
- ☐ 3 lemon zest
- ☐ 0.5 cup butter unsalted melted
- ☐ 1 cup sugar white

Equipment

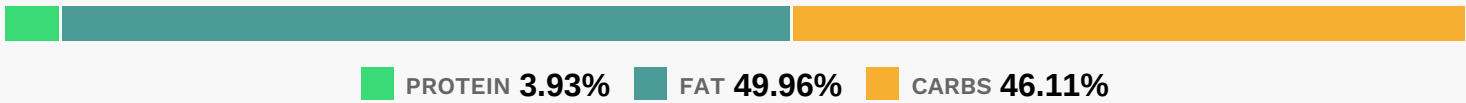
- ☐ bowl
- ☐ whisk

microwave

Directions

- In a microwave-safe bowl, whisk together the sugar and eggs until smooth. Stir in lemon juice, lemon zest and butter. Cook in the microwave for one minute intervals, stirring after each minute until the mixture is thick enough to coat the back of a metal spoon.
- Remove from the microwave, and pour into small sterile jars. Store for up to three weeks in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:17.45, Inflammation Score:-3, Nutrition Score:3.3269565222056%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 229.34kcal (11.47%), Fat: 13.24g (20.36%), Saturated Fat: 7.82g (48.86%), Carbohydrates: 27.49g (9.16%), Net Carbohydrates: 27.16g (9.88%), Sugar: 25.88g (28.76%), Cholesterol: 91.88mg (30.63%), Sodium: 25.68mg (1.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.68%), Vitamin C: 14.71mg (17.83%), Vitamin A: 446.6IU (8.93%), Selenium: 5.4µg (7.72%), Vitamin B2: 0.09mg (5.37%), Phosphorus: 38.78mg (3.88%), Vitamin E: 0.55mg (3.69%), Folate: 14.57µg (3.64%), Vitamin D: 0.54µg (3.62%), Vitamin B5: 0.32mg (3.16%), Vitamin B12: 0.17µg (2.85%), Vitamin B6: 0.05mg (2.32%), Iron: 0.35mg (1.92%), Calcium: 17.74mg (1.77%), Potassium: 61.69mg (1.76%), Zinc: 0.25mg (1.66%), Fiber: 0.33g (1.32%), Copper: 0.02mg (1.14%), Magnesium: 4.43mg (1.11%), Vitamin B1: 0.02mg (1.07%)